



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01256, Yogurt, Greek, plain, nonfat

Report Date: July 16, 2017 17:58 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | Value<br>Per 100 g | Data<br>Points | Std. Error | Min   | Max   | df   | LB     | UB     | # Studies | Source                                | NDB Ref | Last<br>Modified |
|--------------------------------|------|--------------------|----------------|------------|-------|-------|------|--------|--------|-----------|---------------------------------------|---------|------------------|
| <strong>Proximates</strong>    |      |                    |                |            |       |       |      |        |        |           |                                       |         |                  |
| Water <sup>1</sup>             | g    | 85.10              | 18             | 0.059      | 84.32 | 85.66 | 9.0  | 84.965 | 85.233 | 1         | Analytical or derived from analytical | --      | 08/2012          |
| Energy                         | kcal | 59                 | --             | --         | --    | --    | --   | --     | --     | --        | Calculated or imputed                 | --      | 08/2012          |
| Energy                         | kJ   | 246                | --             | --         | --    | --    | --   | --     | --     | --        | Calculated or imputed                 | --      | 08/2012          |
| Protein <sup>1</sup>           | g    | 10.19              | 16             | 0.179      | 8.87  | 11.74 | 5.0  | 9.74   | 10.643 | 1         | Analytical or derived from analytical | --      | 08/2012          |
| Total lipid (fat) <sup>1</sup> | g    | 0.39               | 18             | 0.032      | 0.23  | 0.61  | 7.0  | 0.314  | 0.466  | 1         | Analytical or derived from analytical | --      | 08/2012          |
| Ash <sup>1</sup>               | g    | 0.72               | 18             | 0.010      | 0.64  | 0.78  | 10.0 | 0.697  | 0.74   | 1         | Analytical or derived from analytical | --      | 08/2012          |
| Carbohydrate, by difference    | g    | 3.60               | --             | --         | --    | --    | --   | --     | --     | --        | Calculated or imputed                 | --      | 08/2012          |
| Fiber, total dietary           | g    | 0.0                | 1              | --         | --    | --    | --   | --     | --     | --        | Calculated from nutrient label by NDL | --      | 02/2012          |
| Sugars, total <sup>1</sup>     | g    | 3.24               | 3              | --         | 3.2   | 3.3   | --   | --     | --     | 1         | Analytical or derived from analytical | --      | 08/2012          |

| Nutrient                             | Unit | Value Per100 g | Data Points | Std. Error | Min  | Max  | df   | LB      | UB      | # Studies | Source                                | NDB Ref | Last Modified |
|--------------------------------------|------|----------------|-------------|------------|------|------|------|---------|---------|-----------|---------------------------------------|---------|---------------|
| Sucrose <a href="#">1</a>            | g    | 0.00           | 3           | --         | 0    | 0    | --   | --      | --      | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Glucose (dextrose) <a href="#">1</a> | g    | 0.00           | 3           | --         | 0    | 0    | --   | --      | --      | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Fructose <a href="#">1</a>           | g    | 0.00           | 3           | --         | 0    | 0    | --   | --      | --      | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Lactose <a href="#">1</a>            | g    | 2.54           | 3           | --         | 2.5  | 2.6  | --   | --      | --      | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Maltose <a href="#">1</a>            | g    | 0.00           | 3           | --         | 0    | 0    | --   | --      | --      | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Galactose <a href="#">1</a>          | g    | 0.70           | 3           | --         | 0.7  | 0.7  | --   | --      | --      | 1         | Analytical or derived from analytical | --      | 08/2012       |
| <b>Minerals</b>                      |      |                |             |            |      |      |      |         |         |           |                                       |         |               |
| Calcium, Ca <a href="#">1</a>        | mg   | 110            | 18          | 0.351      | 108  | 115  | 7.0  | 109.361 | 111.042 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Iron, Fe <a href="#">1</a>           | mg   | 0.07           | 18          | 0.003      | 0.04 | 0.11 | 14.0 | 0.065   | 0.077   | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Magnesium, Mg <a href="#">1</a>      | mg   | 11             | 18          | 0.056      | 10   | 12   | 7.0  | 10.51   | 10.774  | 1         | Analytical or derived from analytical | --      | 02/2012       |
| Phosphorus, P <a href="#">1</a>      | mg   | 135            | 18          | 0.535      | 130  | 142  | 8.0  | 133.493 | 135.949 | 1         | Analytical or derived from analytical | --      | 08/2012       |

| Nutrient                       | Unit | Value Per 100 g | Data Points | Std. Error | Min  | Max  | df   | LB      | UB     | # Studies | Source                                | NDB Ref | Last Modified |
|--------------------------------|------|-----------------|-------------|------------|------|------|------|---------|--------|-----------|---------------------------------------|---------|---------------|
| Potassium, K <sup>1</sup>      | mg   | 141             | 18          | 0.514      | 132  | 145  | 14.0 | 140.019 | 142.22 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Sodium, Na <sup>1</sup>        | mg   | 36              | 18          | 0.321      | 33   | 39   | 15.0 | 34.851  | 36.22  | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Zinc, Zn <sup>1</sup>          | mg   | 0.52            | 18          | 0.004      | 0.49 | 0.6  | 7.0  | 0.507   | 0.525  | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Copper, Cu <sup>1</sup>        | mg   | 0.017           | 18          | 0.000      | 0.01 | 0.02 | 6.0  | 0.016   | 0.017  | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Manganese, Mn <sup>1</sup>     | mg   | 0.009           | 18          | 0.000      | 0.01 | 0.01 | 7.0  | 0.008   | 0.01   | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Selenium, Se <sup>1</sup>      | µg   | 9.7             | 9           | 0.118      | 9.3  | 10.2 | 2.0  | 9.232   | 10.206 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| <b>Vitamins</b>                |      |                 |             |            |      |      |      |         |        |           |                                       |         |               |
| Vitamin C, total ascorbic acid | mg   | 0.0             | 1           | --         | --   | --   | --   | --      | --     | --        | Calculated from nutrient label by NDL | --      | 02/2012       |
| Thiamin <sup>1</sup>           | mg   | 0.023           | 9           | 0.002      | 0.02 | 0.03 | 2.0  | 0.016   | 0.03   | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Riboflavin <sup>1</sup>        | mg   | 0.278           | 9           | 0.007      | 0.25 | 0.3  | 2.0  | 0.251   | 0.304  | 1         | Analytical or derived from analytical | --      | 08/2012       |

| Nutrient                           | Unit | Value Per100 g | Data Points | Std. Error | Min  | Max  | df  | LB    | UB    | # Studies | Source                                | NDB Ref | Last Modified |
|------------------------------------|------|----------------|-------------|------------|------|------|-----|-------|-------|-----------|---------------------------------------|---------|---------------|
| Niacin <a href="#">1</a>           | mg   | 0.208          | 9           | 0.006      | 0.19 | 0.23 | 3.0 | 0.19  | 0.227 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Pantothenic acid <a href="#">1</a> | mg   | 0.331          | 6           | 0.001      | 0.33 | 0.34 | 1.0 | 0.316 | 0.347 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Vitamin B-6 <a href="#">1</a>      | mg   | 0.063          | 9           | 0.001      | 0.06 | 0.07 | 3.0 | 0.061 | 0.065 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Folate, total                      | µg   | 7              | --          | --         | --   | --   | --  | --    | --    | --        | Analytical or derived from analytical | 01118   | 02/2012       |
| Folic acid                         | µg   | 0              | --          | --         | --   | --   | --  | --    | --    | --        | Assumed zero                          | --      | 08/2012       |
| Folate, food                       | µg   | 7              | --          | --         | --   | --   | --  | --    | --    | --        | Analytical or derived from analytical | --      | 02/2012       |
| Folate, DFE                        | µg   | 7              | --          | --         | --   | --   | --  | --    | --    | --        | Calculated or imputed                 | --      | 08/2012       |
| Choline, total <a href="#">1</a>   | mg   | 15.1           | --          | --         | --   | --   | --  | --    | --    | --        | Analytical or derived from analytical | --      | 02/2013       |
| Betaine <a href="#">1</a>          | mg   | 0.8            | 1           | --         | --   | --   | --  | --    | --    | --        | Analytical or derived from analytical | --      | 02/2013       |
| Vitamin B-12 <a href="#">1</a>     | µg   | 0.75           | 9           | 0.009      | 0.36 | 0.97 | 5.0 | 0.726 | 0.777 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Vitamin B-12, added                | µg   | 0.00           | --          | --         | --   | --   | --  | --    | --    | --        | Assumed zero                          | --      | 08/2012       |

| Nutrient                                  | Unit | Value Per 100 g | Data Points | Std. Error | Min  | Max  | df  | LB     | UB    | # Studies | Source                                | NDB Ref | Last Modified |
|---|------|-----------------|-------------|------------|------|------|-----|--------|-------|-----------|---------------------------------------|---------|---------------|
| Vitamin A, RAE                            | µg   | 1               | --          | --         | --   | --   | --  | --     | --    | --        | Analytical or derived from analytical | --      | 08/2012       |
| Retinol <sup>1</sup>                      | µg   | 1               | 3           | --         | 0    | 2    | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Carotene, beta                            | µg   | 0               | --          | --         | --   | --   | --  | --     | --    | --        | Assumed zero                          | --      | 08/2012       |
| Carotene, alpha                           | µg   | 0               | --          | --         | --   | --   | --  | --     | --    | --        | Assumed zero                          | --      | 08/2012       |
| Cryptoxanthin, beta                       | µg   | 0               | --          | --         | --   | --   | --  | --     | --    | --        | Assumed zero                          | --      | 08/2012       |
| Vitamin A, IU                             | IU   | 4               | --          | --         | --   | --   | --  | --     | --    | --        | Analytical or derived from analytical | --      | 08/2012       |
| Lycopene                                  | µg   | 0               | --          | --         | --   | --   | --  | --     | --    | --        | Assumed zero                          | --      | 08/2012       |
| Lutein + zeaxanthin                       | µg   | 0               | --          | --         | --   | --   | --  | --     | --    | --        | Assumed zero                          | --      | 08/2012       |
| Vitamin E (alpha-tocopherol) <sup>1</sup> | mg   | 0.01            | 9           | 0.000      | 0.01 | 0.01 | 6.0 | 0.01   | 0.012 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Vitamin E, added                          | mg   | 0.00            | --          | --         | --   | --   | --  | --     | --    | --        | Assumed zero                          | --      | 08/2012       |
| Tocopherol, beta <sup>1</sup>             | mg   | 0.00            | 9           | 0.000      | 0    | 0    | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Tocopherol, gamma <sup>1</sup>            | mg   | 0.00            | 9           | 0.001      | 0    | 0    | 2.0 | -0.003 | 0.004 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Tocopherol, delta <sup>1</sup>            | mg   | 0.00            | 9           | 0.000      | 0    | 0    | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012       |

| Nutrient                                  | Unit | Value Per 100 g | Data Points | Std. Error | Min  | Max  | df  | LB    | UB    | # Studies | Source                                | NDB Ref | Last Modified |
|---|------|-----------------|-------------|------------|------|------|-----|-------|-------|-----------|---------------------------------------|---------|---------------|
| Vitamin D (D2 + D3)                       | µg   | 0.0             | 2           | --         | --   | --   | --  | --    | --    | --        | Analytical or derived from analytical | --      | 08/2012       |
| Vitamin D2 (ergocalciferol) <sup>1</sup>  | µg   | 0.0             | 1           | --         | --   | --   | --  | --    | --    | --        | Analytical or derived from analytical | --      | 08/2012       |
| Vitamin D3 (cholecalciferol) <sup>1</sup> | µg   | 0.0             | 1           | --         | --   | --   | --  | --    | --    | --        | Analytical or derived from analytical | --      | 08/2012       |
| Vitamin D <sup>1</sup>                    | IU   | 0               | 1           | --         | --   | --   | --  | --    | --    | --        | Analytical or derived from analytical | --      | 08/2012       |
| Vitamin K (phylloquinone) <sup>1</sup>    | µg   | 0.0             | 3           | --         | 0    | 0    | --  | --    | --    | 1         | Analytical or derived from analytical | --      | 02/2013       |
| <b>Lipids</b>                             |      |                 |             |            |      |      |     |       |       |           |                                       |         |               |
| Fatty acids, total saturated              | g    | 0.117           | --          | --         | --   | --   | --  | --    | --    | --        | Calculated or imputed                 | --      | 08/2012       |
| 4:0 <sup>1</sup>                          | g    | 0.000           | 9           | 0.000      | 0    | 0    | --  | --    | --    | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 6:0 <sup>1</sup>                          | g    | 0.003           | 9           | 0.000      | 0    | 0    | 4.0 | 0.002 | 0.003 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 8:0 <sup>1</sup>                          | g    | 0.004           | 9           | 0.000      | 0    | 0.01 | 4.0 | 0.004 | 0.005 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 10:0 <sup>1</sup>                         | g    | 0.013           | 9           | 0.001      | 0.01 | 0.02 | 3.0 | 0.011 | 0.015 | 1         | Analytical or derived from analytical | --      | 08/2012       |

| Nutrient                           | Unit | Value Per100 g | Data Points | Std. Error | Min  | Max  | df  | LB     | UB    | # Studies | Source                                | NDB Ref | Last Modified |
|------------------------------------|------|----------------|-------------|------------|------|------|-----|--------|-------|-----------|---------------------------------------|---------|---------------|
| 12:0 <a href="#">1</a>             | g    | 0.006          | 9           | 0.000      | 0    | 0.01 | 4.0 | 0.006  | 0.007 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 14:0 <a href="#">1</a>             | g    | 0.015          | 9           | 0.000      | 0.01 | 0.02 | 5.0 | 0.014  | 0.017 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 15:0 <a href="#">1</a>             | g    | 0.003          | 9           | 0.000      | 0    | 0    | 4.0 | 0.003  | 0.004 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 16:0 <a href="#">1</a>             | g    | 0.049          | 9           | 0.002      | 0.03 | 0.06 | 6.0 | 0.045  | 0.053 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 17:0 <a href="#">1</a>             | g    | 0.003          | 9           | 0.000      | 0    | 0    | 3.0 | 0.002  | 0.004 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 18:0 <a href="#">1</a>             | g    | 0.021          | 9           | 0.001      | 0.01 | 0.02 | 5.0 | 0.019  | 0.022 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 20:0 <a href="#">1</a>             | g    | 0.000          | 9           | 0.000      | 0    | 0    | 2.0 | -0.001 | 0.001 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 22:0 <a href="#">1</a>             | g    | 0.000          | 9           | 0.000      | 0    | 0    | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 24:0 <a href="#">1</a>             | g    | 0.000          | 9           | 0.000      | 0    | 0    | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Fatty acids, total monounsaturated | g    | 0.053          | --          | --         | --   | --   | --  | --     | --    | --        | Calculated or imputed                 | --      | 08/2012       |

| Nutrient                                | Unit | Value Per100 g | Data Points | Std. Error | Min  | Max  | df  | LB     | UB    | # Studies | Source                                | NDB Ref | Last Modified |
|---|------|----------------|-------------|------------|------|------|-----|--------|-------|-----------|---------------------------------------|---------|---------------|
| 14:1 <a href="#">1</a>                  | g    | 0.001          | 9           | 0.000      | 0    | 0    | 2.0 | -0.001 | 0.002 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 15:1 <a href="#">1</a>                  | g    | 0.000          | 9           | 0.000      | 0    | 0    | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 16:1 undifferentiated <a href="#">1</a> | g    | 0.002          | 9           | 0.000      | 0    | 0    | 5.0 | 0.001  | 0.004 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 16:1 c <a href="#">1</a>                | g    | 0.002          | 9           | 0.000      | 0    | 0    | 4.0 | 0.001  | 0.003 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 16:1 t <a href="#">1</a>                | g    | 0.000          | 9           | 0.000      | 0    | 0    | 2.0 | -0.001 | 0.001 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 17:1 <a href="#">1</a>                  | g    | 0.000          | 9           | 0.000      | 0    | 0    | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 18:1 undifferentiated <a href="#">1</a> | g    | 0.049          | 9           | 0.001      | 0.03 | 0.06 | 5.0 | 0.045  | 0.052 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 18:1 c <a href="#">1</a>                | g    | 0.043          | 9           | 0.001      | 0.03 | 0.05 | 4.0 | 0.04   | 0.046 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 18:1 t <a href="#">1</a>                | g    | 0.006          | 9           | 0.001      | 0    | 0.01 | 2.0 | 0.003  | 0.008 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 20:1 <a href="#">1</a>                  | g    | 0.002          | 9           | 0.001      | 0    | 0    | 2.0 | --     | 0.004 | 1         | Analytical or derived from analytical | --      | 08/2012       |

| Nutrient                                | Unit | Value<br>Per100 g | Data<br>Points | Std. Error | Min  | Max  | df  | LB     | UB    | # Studies | Source                                | NDB Ref | Last<br>Modified |
|---|------|-------------------|----------------|------------|------|------|-----|--------|-------|-----------|---------------------------------------|---------|------------------|
| 22:1 undifferentiated <sup>1</sup>      | g    | 0.000             | 9              | 0.000      | 0    | 0    | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012          |
| 22:1 c <sup>1</sup>                     | g    | 0.000             | 9              | 0.000      | 0    | 0    | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012          |
| 22:1 t <sup>1</sup>                     | g    | 0.000             | 9              | 0.000      | 0    | 0    | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012          |
| 24:1 c <sup>1</sup>                     | g    | 0.000             | 9              | 0.000      | 0    | 0    | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012          |
| Fatty acids, total polyunsaturated      | g    | 0.012             | --             | --         | --   | --   | --  | --     | --    | --        | Calculated or imputed                 | --      | 08/2012          |
| 18:2 undifferentiated <sup>1</sup>      | g    | 0.010             | 9              | 0.001      | 0.01 | 0.02 | 4.0 | 0.008  | 0.013 | 1         | Analytical or derived from analytical | --      | 08/2012          |
| 18:2 n-6 c,c <sup>1</sup>               | g    | 0.010             | 9              | 0.001      | 0.01 | 0.02 | 4.0 | 0.008  | 0.013 | 1         | Analytical or derived from analytical | --      | 08/2012          |
| 18:2 CLAs <sup>1</sup>                  | g    | 0.000             | 9              | 0.000      | 0    | 0    | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012          |
| 18:2 t not further defined <sup>1</sup> | g    | 0.000             | 9              | 0.000      | 0    | 0    | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012          |
| 18:3 undifferentiated <sup>1</sup>      | g    | 0.001             | 9              | 0.001      | 0    | 0    | 2.0 | -0.001 | 0.003 | 1         | Analytical or derived from analytical | --      | 08/2012          |

| Nutrient                           | Unit | Value<br>Per100 g | Data<br>Points | Std. Error | Min | Max | df  | LB     | UB    | # Studies | Source                                | NDB Ref | Last<br>Modified |
|------------------------------------|------|-------------------|----------------|------------|-----|-----|-----|--------|-------|-----------|---------------------------------------|---------|------------------|
| 18:3 n-3 c,c,c (ALA) <sup>1</sup>  | g    | 0.001             | 9              | 0.001      | 0   | 0   | 2.0 | -0.001 | 0.003 | 1         | Analytical or derived from analytical | --      | 08/2012          |
| 18:3 n-6 c,c,c <sup>1</sup>        | g    | 0.000             | 9              | 0.000      | 0   | 0   | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012          |
| 18:3i <sup>1</sup>                 | g    | 0.000             | 9              | 0.000      | 0   | 0   | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012          |
| 18:4 <sup>1</sup>                  | g    | 0.000             | 9              | 0.000      | 0   | 0   | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012          |
| 20:2 n-6 c,c <sup>1</sup>          | g    | 0.000             | 9              | 0.000      | 0   | 0   | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012          |
| 20:3 undifferentiated <sup>1</sup> | g    | 0.000             | 9              | 0.000      | 0   | 0   | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012          |
| 20:3 n-6 <sup>1</sup>              | g    | 0.000             | 9              | 0.000      | 0   | 0   | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012          |
| 20:4 undifferentiated <sup>1</sup> | g    | 0.000             | 9              | 0.000      | 0   | 0   | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012          |
| 20:5 n-3 (EPA) <sup>1</sup>        | g    | 0.000             | 9              | 0.000      | 0   | 0   | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012          |
| 22:4 <sup>1</sup>                  | g    | 0.000             | 9              | 0.000      | 0   | 0   | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012          |

| Nutrient                           | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df  | LB     | UB    | # Studies | Source                                | NDB Ref | Last Modified |
|------------------------------------|------|----------------|-------------|------------|-----|-----|-----|--------|-------|-----------|---------------------------------------|---------|---------------|
| 22:5 n-3 (DPA) <sup>1</sup>        | g    | 0.000          | 9           | 0.000      | 0   | 0   | --  | --     | --    | 1         | Analytical or derived from analytical | --      | 08/2012       |
| 22:6 n-3 (DHA) <sup>1</sup>        | g    | 0.000          | 9           | 0.000      | 0   | 0   | 2.0 | -0.001 | 0.001 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| Fatty acids, total trans           | g    | 0.006          | --          | --         | --  | --  | --  | --     | --    | --        | Calculated or imputed                 | --      | 08/2012       |
| Fatty acids, total trans-monoenoic | g    | 0.006          | --          | --         | --  | --  | --  | --     | --    | --        | Calculated or imputed                 | --      | 08/2012       |
| Cholesterol <sup>1</sup>           | mg   | 5              | 9           | 0.050      | 5   | 6   | 4.0 | 4.985  | 5.261 | 1         | Analytical or derived from analytical | --      | 08/2012       |
| <b>Other</b>                       |      |                |             |            |     |     |     |        |       |           |                                       |         |               |
| Alcohol, ethyl                     | g    | 0.0            | --          | --         | --  | --  | --  | --     | --    | --        | Assumed zero                          | --      | 08/2012       |
| Caffeine                           | mg   | 0              | --          | --         | --  | --  | --  | --     | --    | --        | Assumed zero                          | --      | 08/2012       |
| Theobromine                        | mg   | 0              | --          | --         | --  | --  | --  | --     | --    | --        | Assumed zero                          | --      | 08/2012       |

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16g, 2012 Beltsville MD